Before Conception.

Times when you can impact your child’s health:
- Cigarette smoking before conception can damage baby’s DNA – quit now.
- A healthy diet very early in pregnancy can protect baby from birth defects and cancer.
- Toxic chemicals can hang around for years – start cleaning up before you bring baby home.

During Pregnancy.

Early in Childhood.

Right this Minute.

When’s the best time to START protecting your child’s health?

Start Protecting Your Children’s Health BEFORE They Are Conceived!
You Should Know:

Future moms and dads, if you’re considering or planning a pregnancy – start protecting your child’s health NOW. Even before your pregnancy begins – your healthy decisions can have a big impact. This is the first of four graphics to highlight the healthy choices you can make. Our recommendations are simple: stop smoking cigarettes, eat a healthy diet with lots of fruits and vegetables, take a prenatal vitamin with folic acid, and avoid exposure to chemicals at home by using safe cleaning products, a HEPA-filtered vacuum cleaner, and a wet mop to remove dust.

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